

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-23-07)

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### A372 – RASPBERRIES, RED, FROZEN, UNSWEETENED, IQF, 25 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A (except U.S. Grade B for character), unsweetened red raspberries, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb per case.</li> <li>One 25 lb case AP yields about 78½ cups ready-to-serve thawed, drained raspberries and provides about 312.5 ¼-cup servings thawed, drained fruit.</li> <li>One lb AP yields 1 lb (about 3 cups) ready-to-serve thawed, drained raspberries and provides about 12.5 ¼-cup servings thawed, drained fruit.</li> <li>CN Crediting: ¼ cup thawed raspberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen red raspberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store thawed berries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>For best results, thaw red raspberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li> <li>Drain thawed red raspberries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring of other ingredients. To avoid streaking of color through batter and dough in baking, coat red raspberries with flour or other dry ingredients and gently fold into mix just prior to baking.</li> </ul>



### Nutrition Information

Raspberries, red, frozen

	¼ cup (63 g)	½ cup (125 g)
Calories	28	56
Protein	0.83 g	1.64 g
Carbohydrate	6.12 g	12.14 g
Dietary Fiber	1.6 g	3.2 g
Sugars	3.21 g	6.38 g
Total Fat	0.04 g	0.08 g
Saturated Fat	N/A	N/A
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.5 mg	1.1 mg
Calcium	8 mg	16 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	57 IU	112 IU
Vitamin A	N/A	N/A
Vitamin C	9.6 mg	19.1 mg
Vitamin E	N/A	N/A



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve thawed raspberries in fruit cups and salads.</li><li>• Use frozen raspberries in recipes, pies, cakes, cobblers, muffins, or other baked items.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li><li>• Do not refreeze raspberries.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>

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